

THE OFFICIAL PUBLICATION OF JOINT TASK FORCE GUANTANAMO

THE WIRE

MAY 29, 2015

A SALUTE TO HONOR SACRIFICE

MEMORIAL DAY SERVICE HELD
AT CUZCO WELL CEMETERY FOR
CIVILIANS, SERVICE MEMBERS

WHAT YOU DON'T KNOW CAN HURT YOU

SOME UNLIKELY FOOD
PRODUCTS MAY CONTAIN
SOMETHING ILLEGAL

CELEBRATE NATIONAL PHOTO MONTH

SHOW OFF PHOTOGRAPHY,
TAKE ADVANTAGE OF GTMO'S
UNIQUE LANDSCAPES

CONCERT TO REMEMBER THE FALLEN

SINGER, SONGWRITER
SAMANTHA STEPHENS
PAYS TRIBUTE WITH SHOW

A BOLDER BOULDER 10K

MEMORIAL DAY RUN TAKES
GTMO RESIDENTS ON A
BEACH VIEW TOUR

FLAG FOOTBALL

MILITIA TAKE ON WATCHMEN
IN BRUTAL, FLAG-TOSSING
PIG-SKIN EVENT

PHOTO STORY





CAPT. HUMILDE PRUDENCIO JR.
CLO Director

As I close this GTMO chapter in my life – I face the completion of 30+ years' service, retiring from the Navy this year. Looking back, I query myself (or readers), "What's the real 'challenge' of leadership?"

It's a multi-faceted question, reflecting either being challenged by leaders/situations; in my view it's also challenging oneself to be a "servant-leader" – my life-long philosophy. This encompasses living up-to and emulating not only military-service or organizational core values, but engendering a deeper sense of purpose, unselfish drive and unwavering

LEADERSHIP FROM WITHIN

mission-focus. This challenge is an inner discipline that balances the appreciation of each individual's unique experience, training, talents and expertise with the larger and greater-good of the unit, command and ultimately the nation.

Over three decades ago, with a deep gratitude that provided the opportunity for me to pursue my aspirations – I'd decided to take the oath that most in the military and public service have recited. To "bear true faith and allegiance/faithfully discharge the duties" would allow me to "give-back" in some measure to a nation that has blessed in ways my late parents and ancestors could only dream about. We've heard "lead by example" or "lead from the front" – I'd like to add another: "lead from within." If one has honed the character, inner moral-compass and principles that our founding fathers acknowledged and embodied in the Constitution and our motto "In God We Trust," only then can we truly lead from within.

There were(are) memorable examples of those key individuals who personally exemplified such:

- The 5th grade and high school teacher who boldly challenged a mischievous, carefree, kid to be the first "class leader;" and saw the potential of that "wannabe," gang-dressed-up, teenager;
- The junior officer submariner who "reprimanded" the naïve midshipman regarding true appreciation for his father's

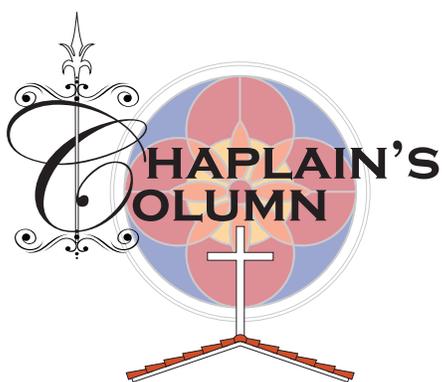
enlisted background;

- A shipboard department head who reaffirmed to the perplexed young officer I'd "done the right" thing by NOT falsifying destruction documents;
- The naval aviator "brother" turned special agent who remembered the surface warfare officer's last-minute call and career recommendation, returning a similar favor a decade later;
- The commander (and classmate!) who sees the leader in all of us!

Before leaving home, embarking on 30+ years service – I'd gone on my knees at a church, and prior to giving the Baccalaureate address – prayed how I can be used to make a difference in peoples' lives. The Lord had turned that around and brought many key individuals who made a difference in my life. I thank them all – in uniform or connected with the military; a special "shout-out" to my CLO team and the rest of the JTF-GTMO community! It has been and always will be an honor/privilege having served each of you, allowing me to fulfill my dream of "giving back" even if in a very small way. God bless, "Fair Winds and Following Seas!"

Article by

CAPT. HUMILDE PRUDENCIO JR.
CLO Director



Recently my daughter was elected chaplain of her Future Farmers of America chapter. She thinks it is pretty cool because her mom is a chaplain. It is funny because just a few months prior she was complaining about being a chaplain's daughter and feeling like she was living in a fishbowl because everyone thought that she should behave a certain way. Now, as one of my chaplain friends stated this week,

REPUTATION IS EVERYTHING

"She is the fishbowl."

What is it about a chaplain's behavior that has everyone watching? Is it because we are wondering what she is going to do or that we wonder if she is real? I believe we are watching for consistency – are you really who you are portraying to be. Here is the thought for all of us and that is about character: We are all being watched, whether it is by our children, friends, coworkers or just someone at the gym. Who are we when no one is looking?

Proverbs 22:1 states, "If you have to choose between a good reputation and great wealth, choose a good reputation." Now, don't get me wrong, I would love great wealth because I could pay off some college loans, car payments etc., but wealth comes and goes while your reputation can be forever lost. Who are you when no one is looking? It is pretty easy to follow the

guidelines when at work because we have very distinct rules and regulations that keep us in check. So, what happens when we leave work and are at home or out with friends? We are no longer defined by our work environment, but by our true nature.

Just because I wear a cross on my shoulder does not mean that I am perfect or have all the answers. I am human and mess up and fall short, as my teenage daughter constantly reminds me. It seems to me that what matters is the ability to keep trying and strive for something better than yesterday.

So, once again ... "Who are you when no one is looking?"

Article by

MAJ. HEATHER SIMON
JDG Chaplain



COMMAND & CHAPLAIN

Coming up on retirement, a Navy captain reflects on 30 years of service to this great nation. Also, Maj. Simon shares what it's like to be a chaplain and constantly in the spotlight.



GTMO NEWS

The SJA talks about the military's zero tolerance on hemp; May is National Photo Month; Armed Forces Entertainment brought an up-and-coming artist to GTMO for Memorial Day.



PHOTO STORY / COVER PHOTO

Cuzco Well Cemetery Memorial Day Service allows service members the opportunity to pay their respects to those service members that never made it home.



ENTERTAINMENT

Don't miss Disney's latest sci-fi blockbuster "Tomorrowland," never age with "The Age of Adaline" and remember what it's like to feel anything is possible in "Little Boy."



SPORTS

This week saw a lot of sports action out on the fields; see if your favorite softball or flag football teams are moving up in the ranks.



LIFE & FITNESS

Do you want to get fit? Participating in a challenging work out can do more than just get you in better physical shape, it might help you be more productive at work.

MOTIVATOR OF THE WEEK

PFC. AKARI MCKINNIE
102ND MP CO

SEAMAN MARK MCCARTY
JMG

DUMPSTER DIVING 101

Dumpster diving is performed randomly at the JTF to see what information people might have let slip through and thrown away. Personal information is most commonly tossed out in the form of unwanted mail or envelopes with addresses, along with tidbits of work info. Schedules, calendar events and phone numbers jotted down on sticky-notes are also easy to forget. We have a 100 percent shred policy that needs to be followed for everyone's protection. Don't let a simple thing like trash get you in hot water, use OPSEC and shred all paper!

The Wire is an authorized publication for members of the Department of Defense. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF GTMO. The contents of The Wire are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the U.S. Army, Air Force, Navy, Marines or Coast Guard. The editorial content of this publication is the responsibility of the Joint Task Force Guantanamo Bay Public Affairs Office. The Wire is printed weekly by the Defense Logistics Agency Document Services with a circulation of 1,025. It is distributed free to all personnel assigned to the Joint Task Force and is published online.

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Staff Broadcaster/ **SPC. RAUL SANCHEZ**

COVER PHOTO

SGT. CHRIS MOORE



VOLUME 17: ISSUE 31

HQ Building, Camp America
Guantanamo Bay, Cuba
Commercial: 011-5399-3651
DSN: 660-3651

email: thewire@jtfgtmo.southcom.mil
www.jtfgtmo.southcom.mil/wire/wire.html

TROOPER ON THE STREET

IN HONOR OF SALLY RIDE'S BIRTHDAY, THE FIRST AMERICAN WOMAN IN SPACE, WE ASK TROOPERS 'WHAT HAVE YOU, OR WOULD YOU LIKE TO BE THE FIRST TO ACCOMPLISH?'



SPC. JON LAMARRE

"I already was the first person to graduate high school and the first person in my family to join the military. So I have my firsts."



PETTY OFFICER 1ST CLASS NAOMI JENNINGS

"I was the first female enlisted Navy to work at the Joint Action Control Office at the Pentagon."



SPC. TREY KALAWAIA

"I want to be the first person in my family to become an officer."

WATCH OUT FOR HEMP



Imagine going to a liquor store, purchasing and drinking a bottle of Purgatory Vodka, and subsequently facing administrative separation from the military. Sound far-fetched? It shouldn't.

People buy and use products every day, but often have no idea of the product ingredients. Purgatory Vodka, for example, is distilled from a mix of 20 percent denatured hemp seeds and 80 percent barley seeds. Although Purgatory Vodka (and most hemp products) undergoes a testing process to ensure that the psychoactive ingredient in marijuana (THC) is not contained in the product; that is no guarantee. Hemp seeds may become contaminated with THC through contact with the stems and leaves during processing. As such, use of hemp and hemp products remain prohibited by the U.S. Military.

Army Regulation 600-85 makes the U.S. Army's view on the use of hemp products very clear. Paragraph 4-2p reads as follows: "[i]n addition, this regulation prohibits Soldiers from using Hemp or products containing Hemp oil..." This is followed by paragraph 4-2q which informs Soldiers that any violation of paragraph 4-2p may subject them to punishment under the UCMJ. So, the biggest thing Soldiers have to worry about for use of hemp is an Article 15? No. AR 635-200 lists illegal drug use as a serious misconduct for which a Soldier may be administratively separated under chapter 14-12c.

Sailors run an equal risk as their Army counterparts. The U.S. Navy maintains a "zero tolerance" stance against drug abuse, as codified in OPNAVINST 5340.4D. All personnel subject to this instruction may expect a possible Article 15 and potential separation processing

for drug use should they pop positive on a urinalysis. Paragraph 6j of this instruction also makes clear that the Navy's drug abuse policy is not subordinate to any foreign, state or local ordinance that permits the use, possession, distribution or prescription of a controlled substance. For the JTF-GTMO personnel who reside in Colorado, Washington or Alaska, this means that the use of hemp or marijuana may be legal back home but remains illegal in the military.

The U.S. Air Force is in the same situation. According to Air Force Instruction 44-120, paragraph 1.1.5, "[s]tudies have shown that products made with hemp seed and hemp seed oil may contain varying amounts of [THC]...[i]n order to ensure military readiness, the ingestion of products containing or products derived from hemp seed or hemp oil is prohibited." This is elaborated on in Air Force Policy Directive 36-27 which gives command teams guidance for the evaluation, treatment and disposition of members who abuse alcohol or other drugs.

In the end, the trend is the same across the board: hemp and marijuana use is illegal in the military. Take basic precautions and read ingredient labels. Failure to do so may result in a service member becoming stuck in an administrative and UCMJ "purgatory" of their own.

Article courtesy of

JTF OFFICE OF THE STAFF JUDGE ADVOCATE

Photo courtesy of

WKU PUBLIC RADIO

CELEBRATE NATIONAL PHOTO MONTH



Soldiers assigned to Palehorse Troop, 4th Squadron, 2nd Cavalry Regiment move over rough terrain during Operation Alamo Scout 13, Kandahar Province, Afghanistan, Feb. 10, 2014. (U.S. Army photo by Sgt. Harold Flynn, winner of the MILPHOG 2014 Combat Documentation category.)



The U.S. Air Force Thunderbirds fly the Delta formation over Falcon Stadium during the U.S. Air Force Academy Graduation Ceremony, May 28, 2014. (U.S. Air Force photo by Staff Sgt. Larry E. Reid Jr., winner of the MILPHOG 2014 News category.)

May is National Photo Month in the United States, and it was officially recognized by Congress in 1987 as a month-long event. Many associations and businesses support NPM annually, one of the largest being the American Photography Association. While the APA is a civilian organization, there are large military organizations that support photographers as well. The largest by far is the Visual Information Awards Program (also known as MILPHOG or Military Photography), designed to recognize, reward and promote excellence among military communicators.

Every year MILPHOG holds a contest for many genres of photography – but only open to qualifying military job holders.

If you don't hold a qualified MOS, NEC or AFSC, like Combat Camera or Public Affairs Journalist, there are many other programs within a Google's reach that may reward you for your work as an aspiring photographer.

The International Photography Awards and the National Geographic Photo Contest are two rather prestigious programs open to almost anyone. The competition may be strong, but even getting third place or lower in one of these competitions would have great rewards for professionals and hobbyists alike.

While in Guantanamo Bay, there are programs which support an ever increasing interest in photographing unique local monuments,

landscapes and wildlife by talented residents and service members. The "Spotlight," located on the Joint task Force Guantanamo SharePoint, and the "Parting Shot," located on the back page of "The Wire," the official publication of JTF GTMO, both encourage submissions from anyone on the installation who wish to show off their photography skills. Several service members submit photos regularly and have been featured in "The Wire."

"Two of my photos have been selected and featured as the 'Parting Shot' in 'The Wire,'" said Timothy Brown, a Soldier with the 670th Military Police Company at Joint Task Force Guantanamo and photo enthusiast. "I think the one thing that stands out the most is the unique wildlife on the island. The iguanas in their natural habitat are one of my favorite images to capture."

Some of the most popular photos in Guantanamo tend to be those of the local wildlife, like our famous iguanas and Hutia (banana rats), and of our oceanic views like Girl Scout Beach or underwater diving.

"I have always enjoyed photography, but I really started getting more involved in 2007. I was stationed in South Korea for 12 months, and I saw many beautiful sites," Brown said. "I wanted to be able to take my memories with me, and share them with my friends and family after returning home."

Being in Guantanamo Bay, Cuba is a rare and exciting opportunity, but when taking photos around Guantanamo Bay, remember to use Operational Security.

"There are some simple rules of thumb that you should apply when taking photos," said Gabriel Caraveo, JTF Operational Security program manager. "First, pay attention to structures with fencing around them and signs that read 'no photography,' or 'restricted area.' Second, try to take close-up [photos] of your targets and avoid panoramic views. Finally, ask permission before taking a picture of someone. Remember, just because you can take a photo doesn't mean you should. Security is a key ingredient to safety. Practice Operational Security."

One last nifty resource for anyone who's interested in military photography is the Defense Video and Imagery Distribution System. This hub for military photographers and journalists houses the most up-to-date military photography and media, including those taken during Memorial Day events over the weekend. To visit their website, go online to www.dvidshub.net.

Article by
SGT. RICK HOPPE

CONCERT TO REMEMBER THE FALLEN



Service members around Guantanamo Bay watch Samantha Stephens perform a Memorial Day concert Monday on the Windjammer patio. Armed Forces Entertainment flew Stephens here to help bring the community together through music.

Cheers and echoes of people singing came from the Windjammer patio Monday as service members from around Guantanamo Bay came together for a concert in tribute to the men and women who have lost their lives in service to the U.S. over the years.

Armed Forces Entertainment treated personnel here with a performance by up-and-coming singer-songwriter, Samantha Stephens, from Eastman, Georgia.

"I am so excited because it's been something that I've always wanted to do. It's been a dream of mine for a really long time to be able to travel to the bases and sing for the Troops," Stephens said. "The fact that it's Memorial Day weekend makes it even more special for me. We're really thrilled to be here."

Stephens' music is a combination of Soul, Pop, Americana and Blues. She performed a few of her original songs, "Might Have to Kill Me a Man" and "Foolish Man" as well as numerous covers to include "America the Beautiful."

"When Samantha was singing 'America the Beautiful,' I personally got that feeling inside of me that made me proud. It's such a beautiful song, and I appreciate that," said Army Capt. Jeremy Quihuiz, a service member assigned to Joint Task Force Guantanamo.

Quihuiz has been in the military for over

13 years and in that time has only spent a little more than half of those years with his family on Memorial Day. His appreciation for Stephens taking the time to come here and perform was evident as he bobbed his head to the beat of the music.

“IT'S A
TREMENDOUS
HONOR
TO ... HAVE DAYS
WHERE WE STOP
AND REFLECT”

"It's really nice and patriotic of them to take their time to play music for us," Quihuiz said.

Quihuiz wasn't the only one appreciative of Stephens' performance here; she herself felt honored to have been picked to join GTMO

service members on this day.

"We're grateful for everyone welcoming us this weekend but really just grateful for everything that you do," Stephens said. "For making that sacrifice and being away from your families and coming down here and protecting us, that's just something I treasure, and I treasure these people, so we're real proud to be here."

Among all of the singing, dancing and laughing that happened Monday; the evening was also filled with thanks and remembrance of the service members who put down their lives in order to make all of this possible in the first place.

"It's a tremendous honor to be able to have days where we stop and reflect and think about those that made the ultimate sacrifice and to be able to share music and come together," Stephens said.

As the night came to a close everyone on the Windjammer patio raised their glasses in a toast with Stephens as thanks were echoed and the music became a soft hum in the background.

Story and photo by
SPC. AMBER BOHLMAN



A DAY OF REMEMBRANCE

The Guantanamo Bay community gathered at Cuzco Well Cemetery, Monday morning, to pay tribute and honor those who have sacrificed their lives in service to their country. Decoration Day began in 1868 to pay tribute to the growing trend of decorating the graves of Civil War Soldiers. In 1967, the day of remembrance was renamed Memorial Day in honor of all service members who have sacrificed their lives defending the United States.

"Today is ceremoniously a one day opportunity that we get every year to remember our fallen heroes that paid the ultimate sacrifice," said Rear Adm. Kyle Cozad, Joint Task Force Guantanamo commander. "Hopefully it is a reminder to each and every one of us that it shouldn't be just Memorial Day, it should be every day of the year. This morning's ceremony was fantastic. It highlights the close knit relationship that we have with the Guantanamo Bay community, to see everyone out here to pay tribute."

Memorial Day ceremonies are touching for everyone involved, but for those who have the honor of participating in the ceremony it's also a day of pride.

"Today's ceremony made me feel good. It is a great honor to be able to play the bugle in tribute to the fallen here in the cemetery," said Navy Seaman Katelyn Johnson, a U.S. Naval Station Guantanamo Bay Master at Arms. "I think that the playing of Taps for the fallen holds a lot of significance particularly in a Memorial Day service being played right after the 21-gun salute."

Memorial Day has historically been a time for service members and survivors to bond and

strengthen military and family relationships.

"I think that everyone should have the opportunity to attend a ceremony like this one to start off the day. It's a great opportunity to honor the fallen troops and be reminded of what the day is all about before they head out to enjoy the barbecues and cookouts to celebrate those troops' lives," Johnson said. "I, thankfully, do not have any fallen family members, but I do know of people who have paid the ultimate sacrifice for their country and to honor them like this is a great thing."

Those bonds could be seen during the Cuzco Memorial service Monday morning with all of the military branches, commands, and civilian partners coming together to show their respect for the fallen and support for each other.

"I try to make it an every day of the year reminder because we have folks 365 days a year that are deployed around the world protecting and defending the ideals that we stand for," Cozad said. "We talk about team GTMO, and we talk about the family approach to our mission specifically on the JTF side, but we couldn't do what we do without the community that we have here, and I think the participation here today really highlighted the team GTMO spirit."

"We are forever indebted to those who have given their lives that we might be free." – Ronald Reagan

Story and photos by
SGT. CHRIS MOORE



PHOTO STORY



Marines and Sailors of U.S. Naval Station Guantanamo stand in formation among the headstones of the fallen during the Memorial Day Service at Cuzco Well Cemetery here, Monday.



U.S. Navy color guard presents a memorial wreath to the base commander, Navy Capt. David Culpepper, to be placed at the base of the U.S. flag pole during the Memorial Day service here.



U. S. Marines of the Marine Security Force Detachment stand at parade rest during the playing of Taps after sounding the 21 Gun Salute here.



During the Memorial Day Service, a flag was placed in front of each grave, including the grave of the unknown, at Cuzco Well, here.



Service members took time before the service to right fallen flags placed by cemetery head stones here.

The U.S. Navy color guard raise the United States flag to half mast during the U.S. Naval Station Memorial Day service at Cuzco Well Cemetery, here. The Memorial Day service is held in the cemetery every year as a Guantanamo Bay tradition.



MOVIE REVIEW / THE AGE OF ADALINE



Imagine 50 or 60 years from now, you're looking at your reflection in the mirror, your skin is wrinkled, and your hair is turning gray. You can hardly recognize yourself from your youth. Or another scenario, you look in the mirror at age 107, and you realize you haven't aged a day over 29.

The latter is the case for Adaline Bowman, a widow and mother of one.

Playing one of her most sophisticated roles yet, Blake Lively goes from Gossip Girl star to the big screen and from what I can gather, the start to a more successful career in the film industry.

The movie starts with a beautiful, young, blonde woman purchasing fake identification cards in an old rundown apartment in San Francisco. The forger keeps questioning her on why she wants IDs that only says she's 29 when in reality she could pass as much younger. Bowman brushes off his remarks and goes on her way.

It is only moments later that the audience finally gets the answer to that same question.

I will definitely give it to the movie producers for how they began telling Bowman's story. It was creative and definitely captured the audience's attention. Well it captured mine anyways and that's all that matters.

It all started one night when Bowman was driving home and a

mysterious snowfall began, creating an accident that renders her ageless. That's right ladies and gentlemen, every person's dream has come to life. Bowman is stuck at her prime and as beautiful as one could hope.

But unfortunately for her, this is more like a nightmare. Her life turns into secrets and lies and leaves her as lonely as ever.

I have to admit when she first realized she could no longer age I was envious, but then we watch as she watches her daughter grow older and eventually surpass her in age and see her continue her life without anyone by her side.

This movie is full of love and drama, and even has a crazy twist at the end involving Harrison Ford. And let me just say, Lively does not disappoint in this movie. With every heartache and let down I could feel what she felt and that to me is what makes a romantic drama like this one pull at the heartstrings. If that's your thing then I recommend you check it out the next time it's playing.

I give this roller coaster of a movie 4 stars.

"Age of Adaline" is rated PG-13 for a suggestive comment.

Movie review by
SPC. AMBER BOHLMAN

MOVIE REVIEW / LITTLE BOY



"Little Boy" is set in a picturesque little town in O'Hare, California during the 1940s.

Jakob Salvati plays Pepper Flynt Busbee, a little boy who wants to bring his father home from World War II.

Pepper, who is small for his age and nicknamed "Little Boy," doesn't have a lot of friends, and is mercilessly bullied by bigger kids.

The only friend he has in the world is his father James, played by Michael Rapaport who shares a love of comic-books, movies and made-up adventures.

Unfortunately, World War II is raging and James is dragged off to war for mandatory service.

Understandably, Pepper is devastated that his father has to leave, but after attending church and hearing a sermon on the transformative power of faith, he becomes inspired.

Tom Wilkinson plays a priest who wants to encourage Pepper's faith, so when Pepper goes to visit Father Oliver the priest gives pepper a to-do list of good deeds.

The to-do list is simple: feed the hungry, shelter the homeless and so on. Among the items on his list, befriend Mr. Hashimoto, played by Cary-Hiroyuki Tagawa.

Hashimoto is an elderly Japanese gentleman who has just returned home to O'Hare after being released from an internment camp.

Hashimoto faces a lot of scorn, racism and discrimination during the war due to Pearl Harbor, so he tends to be somewhat of a recluse.

Reluctant at first, Pepper starts to spend time with Hashimoto. After some time the reclusive and totally misunderstood man becomes somewhat of a father figure, mentor and protector to the bullied boy.

The message of faith isn't over the top or in your face. It's very subtle, enough to give you a warm fuzzy feeling. You were laughing at the funny moments and crying at the sadder ones.

For being a younger up-and-coming actor, Jakob Salvati does a wonderful job with his part, and I can see him going far in his career.

Cary-Hiroyuki Tagawa, Hashimoto, does an amazing job of bringing his character to life. He was definitely my favorite next to Pepper. His character faces racism and discrimination but overcomes it with kindness and love, especially when it comes to Pepper.

Even though the movie shows the little boy literally "moving mountains" with his faith, the message is clear and despite what your own beliefs are it may inspire you to move your own mountains.

For making me remember what it feels like to be a child who believes that anything is possible, I give "Little Boy" four stars.

"Little Boy" is rated PG-13 for some thematic material including violence.

Movie review by
SPC. LIZ SMITH

IN THEATERS THIS WEEK



The Downtown Lyceum showtimes are shown in the top row and the Camp Bulkeley Lyceum showtimes are displayed in the bottom row.

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Tomorrowland PG, 8 p.m. Ex Machina (NEW) R, 10:15 p.m.	San Andreas (NEW) PG13, 8 p.m. Aloha (NEW) PG13, 10 p.m.	The Age of Adaline PG13, 8 p.m.	Little Boy PG13, 8 p.m.	The Longest Ride (LS) PG13, 8 p.m.	It Follows (LS) R, 8 p.m.	Mad Max: Fury Road R, 8 p.m.
Aloha (NEW) PG13, 8 p.m. San Andreas (NEW) PG13, 10 p.m.	Ex Machina (NEW) R, 8 p.m. The Age of Adaline PG13, 10 p.m.	Tomorrowland PG, 8 p.m.	* LYCEUMS CLOSED	It Follows (LS) R, 8 p.m.	* LYCEUMS CLOSED	Paul Blart: Mall Cop 2 PG, 8 p.m.

Call the Movie Hotline @ 4880 or visit the MWR Facebook for more info.

* Concessions closed until further notice

Stay classy, GTMO! No alcohol or tobacco at the Lyceums.

MOVIE REVIEW / TOMORROWLAND



A large crowd of children, teens and parents gathered at the Downtown Lyceum, Sunday night, to take a fantastical journey with Walt Disney Pictures in "Tomorrowland." Directed by Brad Bird ("The Iron Giant," "Up" and "Toy Story 3"), and starring George Clooney, Britt Robertson and Hugh Laurie, "Tomorrowland" is already being called a box office disaster due to its slow start during the Memorial Day weekend.

Inspired by a better world through science, Casey Newton (Britt Robertson), an exceptionally optimistic teen, is chosen to receive a glimpse into the world of "Tomorrowland." Chosen by a little girl named Athena (Raffey Cassidy), Newton's fear is quickly dissolved by her curiosity as the two become hunted. In order to escape, Athena believes they must find Frank Walker (George Clooney), once a creative boy genius turned exiled farmer, who may be their only hope for safe passage into the

majestic world.

The film's a futuristic, technology driven spectacle that entertains crowds by showing off a slew of thrillingly fun gadgets. But beyond the tech, "Tomorrowland" couldn't deliver a deep enough plot. The plot just wasn't dramatic enough, which kept me from genuinely caring about the characters. A message about human's destructive nature gets beaten into the script with over-explained dialogue—attention, spoilers ahead. I felt it was also quite ironic that, after spending so much time condemning human's destructive nature, the heroes leave a wake of destruction behind them and destroy a giant tower to defeat the bad guy

"Tomorrowland" had little competition over the holiday weekend but cinematic analysts expect it to make 20 percent less than anticipated. Costing a whopping \$280 million to make, Disney may be wondering why their original idea has failed to compete with

remakes like "Maleficent" and "Cinderella." Is this truly the age of remakes? Maybe children loved it, but a lack of parental interest kept too many other kids at home? I remember several of my favorite childhood Disney films being considered failures back in the day.

Underperforming, large budget films are normally the results of bad writers, directors or marketing. However, the writers here included Bird, a known writer and director, and experienced writer Damon Lindelof, who wrote for "World War Z," "Star Trek Into Darkness" and "Prometheus." This leaves me puzzled. Perhaps Disney had too much control over Bird? Or, maybe Bird was overly influenced by actor George Clooney, another powerful, political film icon and director? Whatever the case, "Tomorrowland" had every reason to be successful. I say keep pushing for originality in an age of remakes Disney, even one child being inspired may be worth it—it's

also kind-of an unofficial business model.

It was fun to see a few kids leaving the Lyceum inspired, running around as if they were propelled by jetpacks. Very much like children who practiced karate after watching the original "Teenage Mutant Ninja Turtles" in 1990. Sometimes you don't need a blockbuster to inspire children and, in time, not even critics can say what will become a success or classic.

For taking a swing at a new idea in the age of remakes, putting forth an effort to inspire and giving a few kids a jet-fueled adventure full of fun gadgets, "Tomorrowland" gets three joint service stars. Now that I've been reminded of "The Iron Giant," it's time to go find a copy.

"Tomorrowland" is rated PG for sequences of sci-fi action violence and peril, thematic elements, and language.

Movie review by
SGT. RICK HOPPE

MWR 2015 SPORTS SCHEDULE

Starting dates are subject to change. All leagues last 2-3 months, including playoffs.

MONTH / DAY ACTIVITY

June 8	Racquetball League
June 8	Basketball League
June 13	NE Gate 12 Mile Run
June 15	Soccer League
June 22	Sand Volleyball League
June 29	Soccer League
July 4	Softball Tournament
July 4	Ridgeline Trail Run
July 6	Beach Volleyball
July 13-16	Walleyball Tournament
July 20	Badminton League
July 25	Relay Race
August 8	Cable Beach Run
August 10	Ultimate Frisbee
August 22	Sprint Triathlon
September 5	Wood-bat Tournament
September 14	Co-Ed Softball League
September 26	Trail Triathlon
September 28	Flag Football League
October 24	Paddle, Pedal, Paintball
November 14	Duathlon
November 26	T-Day Half Marathon
December 11	Army / Navy Game
December 19	Holiday Basketball
December 24	Jingle Bell Fun Run

PADDLE, PEDAL, PAINTBALL

The Morale, Welfare & Recreation Paddle, Pedal, Paintball will be held June 6.

This consists of kayaking, biking and shooting paintballs at targets. Participants can compete individually or in teams of three. Participants will ride two different bike paths, stopping at the MWR Paintball range, both times, to shoot five shots at targets. Each target hit, will deduct one minute from their overall time.

For more information or to register for the event, contact G.J. Denich Gym at x77262

BOLDER BOULDER 10K



Hundreds of participants came together Memorial Day to participate in the Bolder Boulder 10K Shadow Run/Walk beginning and ending at Phillips Dive Park here.

Early on Memorial Day morning, a large group of people gathered, some in uniform, some in their workout gear, and quite a few people sporting a T-shirt with "Bolder Boulder" emblazoned on it.

Participants gathered for a moment of silence to pay homage to fallen service members before heading to the starting line to begin the Bolder Boulder Shadow 10K Run/Walk off.

Most participants ran the full 6.2 mile distance, a few people walked and a small group represented their unit with their guidon by rucking the course.

The event is an annual 10K run held in Boulder, Colorado that originated in 1979 with up to 2,200 participants.

The race isn't just popular in Colorado. There are shadow runs held in its honor for military members in places like Iraq and Afghanistan, so a unit deployed here from Colorado thought, "Why not bring it here?" So, they contacted the race director in Boulder, Colorado.

"They run shadow runs in Iraq and in Afghanistan, so we asked if they'd be willing to do a shadow run here," said Spc. Kayla Piper, a participant and volunteer for the Bolder Boulder 10K Shadow Run/ Walk. "They were all for it. They sent us like 400 shirts and all the bibs with free entry for next year, and, when Capt. Ciavatta was on leave, he got some of the Boulder swag to give out to the winners for the first few competitions here."

There are many participants in the Bolder Boulder 10K Shadow Run/Walk, up to 54,000

last year in the official one in Boulder, Colorado, making it one of the largest timed races in the United States.

"It's a big charity event in Boulder, Colorado, and they get 20,000 runners plus every year," said Sgt. Chris Bauer, a volunteer for the Boulder run. "It's amazing, and it takes several hours just to get the start of the race going. They have different waves."

"They break it down, but its 6.2 miles of a block party. It's amazing. Roughly every mile there's a new band to hear, there are slip and slides, belly dancers, and it's a party the whole way," Bauer said.

Even though the event here wasn't as extravagant, the race still had a great turnout and, once the run was over, there was food for everyone, and a disc jockey played music the whole morning.

Piper said The Chief Petty Officer Association sponsored their run, so the event organizers were able to host a post-race BBQ and open the lighthouse for tours.

"We actually had a good turnout, for not being an official Morale, Welfare & Recreation event," Piper said.

At the end of the day, it isn't just a regular 10K. Piper said it's all about the camaraderie and being with your people.

Story and photo by
SPC. LIZ SMITH

FLAG FOOTBALL: MILITIA VS WATCHMEN



Jesus Rodriguez, receiver for Militia, runs toward the end zone after a reception during the Militia vs Watchmen game at Cooper Field here, Tuesday night.

The Watchmen and Militia went head to head Tuesday at Cooper Field in a flag football game that left the Watchmen demoralized and the Militia flying high.

The Militia took control of the game right away with a touchdown on the first play of the opening drive. They set the pace early, dictating how the rest of the entire game was going to go. The game ended with the Militia beating the Watchmen 39-0.

Jesus Rodriguez, outside linebacker was constantly on the move throughout the entire game, scoring three touchdowns, one of those off an interception that he ran back 60 yards.

"I got to play outside linebacker," Rodriguez said. "I'm used to playing that, and that let me do covering, which led to my interception and ... a few touchdown passes too."

Rodriguez was a favorite target for the quarterback and a nightmare on defense, constantly breaking up passes or ending runs.

The Militia worked together really well, keeping the Watchmen defense on their heels and not letting them get very far on offense. Everyone knew where they were supposed to be and stayed in their zones, limiting the Watchmen to two to three yards a play.

"We can always work on everything, nothing is perfect," said Justin Taylor, the Militia quarterback. "We can always practice our routes, make sure they're crisp and work on the timing of our throws."

Although not perfect, Taylor consistently moved the chains with completion after

completion, putting the Militia in better field position all night.

Even though the Militia got off to a rough start at the beginning of their season, with 0-7, they've caught back up and are playing together better as a team.

"In the beginning we were like the 'Bad News Bears' a lot of penalties, we were all over the place, but we came together," Rodriguez said.

The Watchmen fell a little flat during the game, their offense was predominantly screen passes to the flats, almost always missing their mark to an open receiver. Nicholas Rayburn repeatedly dropped back after the hike only to keep his head down, ignoring his receivers and looking for the open lane to rush for a gain. His performance hearkened that of Michael Vick inspiration, except without the third down conversions.

"Our defense could be better. We actually didn't do too bad the first couple of games, but then it all just went downhill," said Robert Pedrey, starting quarterback for the Watchmen. "It's all just for fun."

The teamwork obviously paid off for Militia, and their excitement was apparent over their win at the end of the game.

"I'm pretty excited we went up in the rankings at least one spot," Taylor said. "Go Militia, moving up!"

Story and photo by

SPC. LIZ SMITH

MWR SOFTBALL

No.	Team Name	Standings
01	Blazing Saddles	(11-1)
02	Spartans	(12-2)
03	Stay Classy	(10-2)
04	Wicked Stix	(9-3)
05	BEEF	(9-3)
06	Salt Water Cowboys	(9-4)
07	Cali Elite	(9-4)
08	GTMO Latinos Plus	(6-5)
09	Inglorious Batters	(5-7)
10	Dirty Mike & the Boyz	(5-7)
11	Iguanamo	(5-7)
12	The Terminators	(4-8)
13	Ghost Riders	(4-8)
14	Cage Kickers	(3-9)
15	MisFits	(2-11)
16	Pitch Slap	(1-12)
17	Mile High	(1-12)

MWR FLAG FOOTBALL

No.	Team Name	Standings
01	HNL	(10-1)
02	Confusions	(10-2)
03	Spartans	(9-2)
04	Gunslingers	(8-3)
05	Scheme Team	(7-5)
06	324th	(6-5)
07	GTMO's Finest	(6-6)
08	BEEF	(5-7)
09	88th MP	(4-8)
10	Militia	(4-8)
11	MCSFCO	(3-8)
12	Balls Going Deep	(2-9)
13	38th Watchmen	(1-11)

MWR TENNIS

No.	Male Singles	Standings
01	Ging Belch	(5-0)
02	Prisco Masagca	(1-0)
03	Gary Belch	(6-1)
04	Dario Morgan	(4-2)
05	Andre Naje	(2-2)
06	James Flint	(1-3)
07	David Balog	(0-1)
08	Jeffrey Rice	(0-1)
09	Henry Ferguson	(0-2)
10	Kirk	(0-2)
11	Mitch Shubbach	(0-3)

No.	Female Singles	Standings
01	Marliza Belch	(4-0)
02	Ging Belch	(2-0)
03	Chris Batory	(4-1)
04	Katie Fretz	(3-2)
05	Emily Kolenda	(2-3)
06	Hanh Tang	(1-2)
07	Garon Belch	(1-4)
08	Gennelle Lee	(0-3)

No.	Male Doubles	Standings
01	Gary/Ging	(2-0)
02	James/Bill	(0-1)
03	Giovanni/Andre	(0-1)

No.	Female Doubles	Standings
01	Gary/Ging	(1-0)
02	Jeff/Katie	(0-1)

A ROUTINE EVEN YOUR BOSS WILL NOTICE

As you continue your workout regimen, you will notice a lot of changes. Your tummy will be flatter, your arms will be bigger and your legs will be tighter. You might be running faster or for longer periods of time.

Your regimen might also be making you better at work.

A regular workout routine can boost your efficiency and creativity. Just two and a half hours a week makes you less likely to call in sick and helps you focus while at work. According to a study by Frontiers in Human Neuroscience, athletes are better than non-athletes when it comes to thinking outside the box.

“Exercise promotes a more mentally balanced, self-controlled, less stressed approach in many situations, which is necessary to creative thinking,” says Michael Mantell, Ph.D., author of “Don’t Sweat the Small Stuff: P.S. It’s All Small Stuff.”

Athletes deal with three stressors: personal, organizational and competitive. The resiliency you’ve gained from dealing with stressors like these will definitely show in the office. Pushing yourself to finish squats when your legs are on fire will help you push through other stressors throughout the day.

“Regular exercise and physical activity, especially aerobic exercise, improves the speed, efficiency, and accuracy of cognitive functioning by improving attentional focus and concentration,” says Scott B. Martin, Ph.D., professor of sport and exercise psychology at the University of North Texas.

In other words, four to five days a week at the gym will not only boost your confidence in the mirror but in the office as well. As your tummy shrinks, your skills will grow.

Article by
SPC. MONIQUE QUINONES

THE BEST SNACKS TO TAKE TO WORK

PEANUT BUTTER WITH APPLES OR PRETZELS:

Spread 2 teaspoons of peanut butter on your apple slices and sprinkle with oats or pair about 11 whole-grain pretzel sticks with 1 teaspoon of peanut butter.

CHEESE WITH PICKLES OR JAM:

Combine 1 ounce of cheddar cheese with 2 pickles or 1 ounce of cheddar cheese with 2 teaspoons of jam on crackers.

RICOTTA, HERBS AND CUCUMBER:

Stir 1 tablespoon chopped fresh basil, parsley, or dill into ¼ cup low fat ricotta cheese. Season with salt, pepper, and lemon juice. Spread on toast and top with cucumber.

“Movement is a medicine for creating change in a person’s physical, emotional, and mental states.” – Carol Welch, Nutritional Consultant



JSMART SPOT

▲ JSMART HELPER: TITAN

MEDITATION, WORTH TRYING?

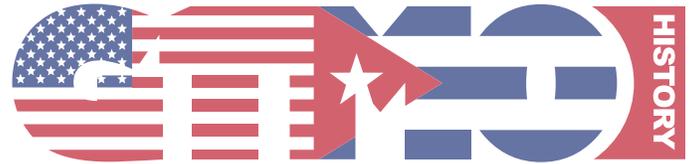
Meditation is a concept most people have heard about, but it is often perceived with mixed reactions. To some, meditation is seen as something taboo or practiced only by monks. Others have difficulty seeing the point altogether. Without some context it may look like someone sitting quietly by himself. Research suggests there’s much more going on.

For those less familiar, meditation does for our minds what going to the gym does for our bodies. Meditation can be utilized to decrease stress and build resilience. One of the more popular styles is known as concentration meditation. The goal is to focus on a single point, such as our breath, or to envision a flame. As with anything, this will be difficult at first, but with practice and time, it can increase our ability to concentrate more effectively. Practicing meditation also allows us to let go of negative thoughts and

emotions, and become more focused on the here and now.

When you have a free moment, practice the following steps. First, find a relaxing place to sit. Close your eyes and relax your body. Imagine a burning candle or flame. Try to direct all of your focus on that flame. Now take a slightly deeper than normal breathe while counting to four, then release the breath, repeat. If your mind starts to focus on other things bring it back to the flame. Try this for just a few minutes a day and watch as you gain the ability to deal with life’s stressors a bit easier.

Article by
**PETTY OFFICER 2ND CLASS
ROBERT MCQUEEN
PETTY OFFICER 3RD CLASS
RANDALL KELLEY**
Joint Medical Group



STRATEGIC IMPORTANCE OF GTMO



When the commander-in-chief of the North Atlantic Squadron, Adm. William T. Sampson, was establishing the blockade of Cuba’s coast in April 1898 and planning the destruction of the

Spanish fleet at Santiago, he came to recognize the strategic value of securing Guantanamo Bay for the U.S. Navy. The bay was quite large and close to Santiago de Cuba where the U.S. Navy had already trapped the Spanish fleet. To maintain the U.S. fleet in the region, the Navy needed a good harbor where it could coal ships and find shelter in the storms which were certain to come in the Caribbean summer. Also, the presence of a U.S. force at Guantanamo could serve to distract Spanish land forces away from Santiago. (New York Herald 12 June 1898)

Article by
**SGT. 1ST CLASS
DARYL MADRID**
Courtesy image by
THE NEW YORK TRIBUNE

RELIGIOUS SERVICES

ROMAN CATHOLIC (NAVSTA chapel)

Saturday*	1700	
Sunday*	0900	
Mon-Thurs*	1730	(Side Chapel)
	0900	

PROTESTANT SERV. (JTF Troopers chapel)

	Sunday*	0900 & 1900	
Friday night movie	Friday	1900	"Facing the Giants"

PROTESTANT SERV. (NAVSTA chapel)

Traditional*	Sunday	0930	Annex Room 1(Liturgical Service)
Contemporary*	Sunday	1100	Main Chapel
Gospel	Sunday	1300	Main Chapel

PROTESTANT SERV. (JTF Troopers chapel)

Islamic Prayers	Friday	1315	Annex Room 2
7th Day Adventist	Saturday	0900	Annex Room 1 (Sabbath School)
	Saturday	1100	Annex Room 1 (Sabbath Service)
Latter Day Saints	Sunday	0900	Annex Room 19
Pentecostal	Sunday	0800	Annex Room D
	Sunday	1700	Annex Room D
JTF Bible Study*	Monday	1900	JTF Troopers' Chapel
	Wednesday	1900	JTF Troopers' Chapel
Beginners Bible Study*	Thursday	1130	JTF Deputy Chaplain's Office
Bible Study*	Saturday	1900	JTF Troopers' Chapel
Christian Fellowship	Sunday	1800	Main Chapel (Non-denominational)
Jewish Hebrew Tanakh	TBA	TBA	Contact JTF Chaplain's Office x2218

DAVE RAMSEY'S FINANCIAL PEACE / MILITARY EDITION (JTF Trooper's Chapel)

Beginning May 5	Tuesday	1900	Taught by Chaplain Tim Foster
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*These services are conducted by Army or Navy chaplains / For more information call ext. 2218

BUS SCHEDULE

Camp America :00/:20/:40
 Gazebo :01/:18/:21/:38/:41/:58
 Camp America NEX :02/:17/:22/:37/:42/:57
 Camp Delta :04/:13/:24/:33/:44/:53
 Camp 6 :07/:10/:27/:30/:47/:50
 HQ Building :55/:15/:35
 TK 1 :01/:17/:21/:37/:41/:57
 TK 2 :02/:16/:22/:36/:42/:56
 TK 3 :03/:15/:23/:35/:43/:55
 TK 4 :04/:13/:24/:33/:44/:53
 CC :00/:19/:20/:39/:40/:59
 JAS :14/:34/: 54
 Windjammer / Gym :02/:17/:22/:37/:42/:57
 Gold Hill Galley :04/:15/:24/:35/:44/:55
 NEX :06/:13/:26/:33/:46/:53
 NEX Laundry :07/:27/:47
 C Pool :10/:30/:50
 Downtown Lyceum :11/:31/:51

BUS SCHEDULE 09:55 - 19:55 hourly

Camp America :48/:55
 TK 1 :05/:36
 Windjammer / Gym :11/:31
 Gold Hill Galley :14/:29
 NEX :16/:27
 Downtown Lyceum :17/:25

BEACH BUS (Saturday & Sunday only)

Windward Loop / E. Caravella:
 0900/0930/1200/1230/1500/1530/1800/1830
 SBOQ / Marina:
 0905/0935/1205/1235/1505/1 535/1805/1835
 NEX:
 0908/0925/1208/1225/1508/1525/1808/1825
 Phillips Park: 0914/ 1214/1514/1814
 Cable Beach: 0917/1217/1517/1817
 Return to Office: 0940/1240/1540/1840

FERRY SCHEDULE

Monday - Saturday

FERRY

Windward:

0630 / 0730 / 0930 / 1030 / 1130 / 1330 / 1530 / 1630

Leeward:

0700 / 0800 / 1000 / 1100 / 1200 / 1400 / 1600

UTILITY BOAT

Windward:

1630 / 1730 / 1830 / 2030 / 2230 / 2330

Leeward:

1700 / 1800 / 1900 / 2100 / 2300 / 0000

Sunday & Holidays

FERRY

Windward:

0730 / 1330

Leeward:

0800 / 1400

UTILITY BOAT

Windward:

1030 / 1530 / 1730 / 1830 / 2030 / 2230

Leeward:

1100 / 1600 / 1800 / 1900 / 2100 / 2300

ROOSEVELT GATE RESTRICTIONS

Roosevelt Gate is no longer allowing pedestrian traffic to and from Joint Task Force Guantanamo.

This means no running, jogging or hiking in or out of the gate. Alternate routes authorized through Access Control Point Taft and Access Control Point Houston.



SHARP TRAINING

Troopers are encouraged to check out the "CAN I KISS YOU" SHARP training production being held at the Windjammer Ballroom June 10 at 7 a.m. and 2 p.m. It will be held a third and fourth time on June 11 at 10 a.m. and 7 p.m.

This is state of the art entertainment with a realistic message that needs to be passed to all of the Troopers here. All JTF personnel are encouraged to take advantage of this training, it may hit close to home for some.

Photo by Timothy Brown

PARTING SHOT



'INHABITANTS OF X-RAY' PHOTO BY SGT. TIMOTHY BROWN. FOR A CHANCE TO HAVE YOUR PHOTO FEATURED IN THE PARTING SHOT, PLEASE SEND SUBMISSIONS TO: THEWIRE@JTFGTMO.SOUTHCOM.MIL

THE WIRE

